

## Helpful Resources for Open Season

### FLEXIBLE SPENDING ACCOUNT – Federal Flexible Spending Account Program (FSAFEDS)

What do I need to do?	What resources are available to me?	Where can I find these resources?
Get general information about Open Season and flexible spending accounts	Open Season and Flexible Spending Accounts (FSAFEDS) FastFacts	<a href="http://www.opm.gov/healthcare-insurance/fastfacts">www.opm.gov/healthcare-insurance/fastfacts</a>
Get information about the flexible spending account program	FSAFEDS website	<a href="http://www.FSAFEDS.com">www.FSAFEDS.com</a>
	FSAFEDS brochure	<a href="https://www.fsafeds.com/GEM/FSAFEDSForms/OPM-FSA-OVTF-10-031.pdf">https://www.fsafeds.com/GEM/FSAFEDSForms/OPM-FSA-OVTF-10-031.pdf</a>
Talk to an FSAFEDS representative	Open Season benefits fair	Contact Judi Lacefield, Benefits Officer at CNCS
	Contact FSAFEDS	1-877-372-3337 (TTY Line: 1-800-952-0450) Email: <a href="mailto:FSAFEDS@adp.com">FSAFEDS@adp.com</a>
Enroll in FSAFEDS (must enroll each year)	Contact FSAFEDS	1-877-372-3337 (TTY Line: 1-800-952-0450) <a href="http://www.FSAFEDS.com">www.FSAFEDS.com</a>

### DENTAL INSURANCE – Federal Employees Dental and Vision Insurance Program (FEDVIP)

What do I need to do?	What resources are available to me?	Where can I find these resources?
Get general information about Open Season and dental insurance	Open Season and Dental Insurance FastFacts	<a href="http://www.opm.gov/healthcare-insurance/fastfacts">www.opm.gov/healthcare-insurance/fastfacts</a>
Compare dental plans	2016 Compare Dental Plans tool	<a href="http://www.opm.gov/fedvipcompare">www.opm.gov/fedvipcompare</a>
		<a href="http://www.opm.gov/fedvipcompare">www.opm.gov/fedvipcompare</a>
Find 2016 premiums	2016 Dental Premiums	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums">www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums</a>
	2016 Dental plan brochures (premiums on back page)	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>
Determine how my dental plan changes for 2016	2016 Dental plan brochure: “How We Have Changed for 2016”	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/">www.opm.gov/healthcare-insurance/dental-vision/plan-information/</a>
Determine my out-of-pocket costs	2016 Dental plan brochure	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>

Open Season runs from November 9 through December 14, 2015.  
The 2016 premiums will be available at [www.opm.gov/insure](http://www.opm.gov/insure) in early October.  
The 2016 Plan Information section at [www.opm.gov/insure](http://www.opm.gov/insure) will be available by November 9th.

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### DENTAL INSURANCE – Federal Employees Dental and Vision Insurance Program (FEDVIP)

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Talk to a plan representative	Open Season benefits fair	Contact Judi Lacefield, Benefits Officer at CNCS
Enroll in a plan or change enrollment	Contact BENEFEDS	<a href="http://www.BENEFEDS.com">www.BENEFEDS.com</a> , 1-877-888-FEDS (1-877-888-3337), TTY number 1-877-889-5680

### VISION INSURANCE -- Federal Employees Dental and Vision Insurance Program (FEDVIP)

What do I need to do?	What resources are available to me?	Where can I find these resources?
Get general information about Open Season and vision insurance	Open Season and Vision Insurance FastFacts	<a href="http://www.opm.gov/healthcare-insurance/fastfacts">www.opm.gov/healthcare-insurance/fastfacts</a>
Compare vision plans	2016 Compare Vision Plans tool	<a href="http://www.opm.gov/fedvipcompare">www.opm.gov/fedvipcompare</a>
		<a href="#">_____</a>
Find 2016 premiums	2016 Vision Premiums	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums">www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums</a>
	2016 Vision plan brochures (premiums on back page)	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>
Determine how my vision plan changes for 2016	2016 Vision plan brochure: “How We Have Changed for 2016”	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>
Determine my out-of-pocket costs	2016 Vision plan brochure	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>
Talk to a plan representative	Open Season benefits fair	Contact Judi Lacefield, Benefits Officer at CNCS
Enroll in a plan or change enrollment	Contact BENEFEDS	<a href="http://www.BENEFEDS.com">www.BENEFEDS.com</a> , 1-877-888-FEDS (1-877-888-3337), TTY number 1-877-889-5680

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HEALTH INSURANCE – Federal Employees Health Benefits (FEHB) Program		
What do I need to do?	What resources are available to me?	Where can I find these resources?
Get general information about Open Season and health insurance	Open Season and FEHB FastFacts	<a href="http://www.opm.gov/healthcare-insurance/fastfacts">www.opm.gov/healthcare-insurance/fastfacts</a>
Compare health plans	2016 Compare Health Plans tool	<a href="http://www.opm.gov/fehbcompare">www.opm.gov/fehbcompare</a>
		<a href="#">_____</a>
Find my 2016 premiums	2016 FEHB Premiums	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums">www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums</a>
	2016 Health plan brochures (premiums on the back page)	<a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>
Learn more about the new Self Plus One enrollment type	OPM’s Self Plus One webpage	<a href="http://www.opm.gov/selfplusone">www.opm.gov/selfplusone</a>
	Self Plus One FastFacts	<a href="https://www.opm.gov/healthcare-insurance/fastfacts/self-plus-one-enrollment.pdf">https://www.opm.gov/healthcare-insurance/fastfacts/self-plus-one-enrollment.pdf</a>
Determine how my health plan changes for 2016	2016 Health plan brochure: Section 2. “Changes for 2016”	<a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>
Determine if my health plan is still participating in the FEHB Program or has changed service areas	2016 Compare Health Plan tool	<a href="http://www.opm.gov/fehbcompare">www.opm.gov/fehbcompare</a>
	2016 Health plan brochure for service area changes	<a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>
Determine my out-of-pocket costs	2016 Health plan brochure	<a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>
Find out what different types of plans are available to me (Fee-for-Service, Health Maintenance Organization, High Deductible Health Plan, Consumer-Driven Health Plan)	FEHB Handbook	<a href="http://www.opm.gov/healthcare-insurance/healthcare/reference-materials/#url=FEHB-Handbook">www.opm.gov/healthcare-insurance/healthcare/reference-materials/#url=FEHB-Handbook</a>
	Glossary	<a href="http://www.opm.gov/healthcare-insurance/insurance-glossary">www.opm.gov/healthcare-insurance/insurance-glossary</a>
	Types of Plans	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types">www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types</a>

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HEALTH INSURANCE – Federal Employees Health Benefits (FEHB) Program - Continued		
What do I need to do?	What resources are available to me?	Where can I find these resources?
Talk to a plan representative	Open Season benefits fair	Contact Judi Lacefield, Benefits Officer at CNCS
	Plan phone numbers are listed on each FEHB Plan's website	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/">www.opm.gov/healthcare-insurance/healthcare/plan-information/</a>
Enroll in a plan or change enrollment	Your EPP	Contact Judi Lacefield, Benefits Officer at CNCS

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